

WHEEL OF LIFE EXERCISE

DIRECTIONS: WITH THE CENTER OF THE WHEEL AS “0” AND THE OUTER EDGE AS AN IDEAL “10,” RANK YOUR LEVEL OF SATISFACTION WITH EACH LIFE AREA BY DRAWING A STRAIGHT OR CURVED LINE TO CREATE A NEW OUTER EDGE. THE NEW PERIMETER OF THE CIRCLE REPRESENTS YOUR WHEEL OF LIFE AND CAN HELP YOU IDENTIFY AREAS WHERE YOU MAY WANT TO IMPROVE YOUR LEVEL OF SATISFACTION.

